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Your essential daily news | MONDAY, AUGUST 15, 2016

High 29°C/Low 17°C Partly Cloudy  



DE GRASSE DE MAN

Canuck wins bronze as Usain bolts ahead

RIO

Usain Bolt of Jamaica wins 100-metre final ahead of Andre De Grasse of Canada. GETTY IMAGES

Energy East talks ahead

SHOAL LAKE

City to look at how pipeline could impact water system

 **Stephanie Taylor**
Metro | Winnipeg

This fall, Winnipeg councilors will be asked to consider whether a pipeline near the city's source of drinking water is acceptable.

City Hall's chief operating officer, Michael Jack, said the consultant AECOM has been hired with a budget of \$1 million to assess the potential impact the Energy East pipeline would have on the city's water system at Shoal Lake.

"Everything about this pipeline, not only where

it crosses City of Winnipeg infrastructure, but the integrity of the entire water system is what we've asked them to be looking at," he said.

TransCanada Corp. is proposing to build the pipeline that, if approved, would ship crude oil from Western to Eastern Canada.

As of right now, the route has the pipeline cross an aqueduct at Shoal Lake, near the Manitoba-Ontario border.

Jack described the scope of the consultant's work as broad, saying they will be looking at condition assessments, emergency response planning and repair programs.

In October, the city will participate in a three-day panel session hosted by the National Energy Board, which controls the construction and operation

of pipelines.

Jack said a lawyer will represent the city, and expects enough information from AECOM by then to "participate properly" in the sessions.

He said city staff want to have direction from council before then.

"We're going to be trying to digest everything that AECOM has studied and concluded and has provided to us by that point," Jack said of the October session dates.

"Then we obviously have to make a recommendation to council, just like we do on any other report. We have to figure out what we're suggesting they do, what position we're suggesting that the city formally takes."

Regardless, cities do not have a say over whether the pipeline is built.

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Cadets teach Poké-safety

COMMUNITY OUTREACH

Police offering helpful tips to Pokémon Go players

Braeden Jones
Metro | Winnipeg

Police departments everywhere have issued warnings about risks associated with playing the game, but Winnipeg's cadet contingent wanted to take a more hands-on approach.

A number of the auxiliary force cadet unit hosted a "Safety with Pokémon Go" event at The Forks to offer tips to players in person.

"The idea actually came from the cadets themselves," said Patrol Sgt. Andree Huberdeau. "(Many) of our cadets are players themselves so they understand how this craze has just taken off."

And while being out and about playing it themselves, they've also seen riskier behaviour, giving them perspective they are keen to share with players.

In order to draw them in and share that sage wisdom, cadets set up a charging station at the end of the historic rail bridge at The Forks, to help give a battery-boost to players "looking to power up on their quest to catch 'em all."

In a prepared statement, police said they recognize there are "plenty of positives to this game," such as getting people exploring their communities, and interacting with each other, "for the most part, in a positive manner."

"As with anything however, people need to be mindful of their personal safety and being respectful of private property," the release states.

Huberdeau said other concerns include people walking around, "head down in your phone, not always aware of your surroundings," and there is the risk of people luring Pokémon to a secluded location, "which would attract players."

"I could imagine how some criminals might use that in a negative way," she said.

Cadet Bryson Labossiere said as a '90s kid, he grew up with Pokémon and he plays the new game, too.

"That was one of the reasons I wanted to create the event, I thought yeah, it would be good to give back to that community, keep them safe," Labossiere said.

He explained the outreach at The Forks was a form of "proactive policing" to prevent hiccups as people play it in Winnipeg's public places.

He said people seemed "really happy" to see cadets and to receive their advice.

"The charging station certainly helped... they're loving it, it's been awesome," he said.

The charging station certainly helped. They're loving it.

Bryson Labossiere



1 Cadet Bryson Labossiere plays Pokémon Go, loves Pokémon, and wanted to keep his fellow gamers safe with some helpful tips.

2 Charge your phone and hear about how to be safe? Pokémon Go is a big battery drain.

ALL PHOTOS BRAEDEN JONES/METRO

GOVERNMENT WORKERS Union strike continues

The Manitoba Government and General Employees Union (MGEU) said they were "disappointed" to announce the Macdonald Youth Services (MYS) workers strike would continue through the weekend.

In a prepared statement and at a rally Friday morning, the union explained the MYS bargaining committee met with the employer at conciliation and mediation services but was unable to reach a deal for a new contract, after their last pact lapsed two years ago.

"After more than two years, the employer came to the table and still failed to make an offer of any kind, leaving members frustrated and still on the picket line," the statement reads, explaining they want a "very modest 2 per cent annual increase."

President of the MGEU Michelle Gavronsky said the striking members provide a "vital public service to vulnerable teens."

The employer has publicly supported the wage increase, but the MGEU suggests the inability to strike a deal "throws their sincerity into question."

The MGEU statement includes mention of how MYS gave its CEO a six per cent pay raise over the last two years, and the director of business operations "who keeps insisting that they can't afford a modest raise" took a nine per cent pay raise in that time.

"These are the same two years over which these front line workers have worked without a contract," the statement said. METRO

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Jennifer Laferriere holds one of the kittens up for adoption Sunday. ELSHA DACEY/METRO

City's first cat café opens

ANIMAL ADOPTION

Dance studio owner offering cat cuddles and refreshments



Elisha Dacey
Metro | Winnipeg

It was a furry dream a year in the making.

On the paws of successful cafés in Vancouver, Toronto and around the world, Winnipeg's first cat café is now open.

Miss J.La's Fur Babies and Cat Adoption Centre is located at 1099 Kingsbury Ave. and is run

out of owner Jennifer Laferriere's dance studio.

"(The studio) is really big, it's more space than we need," said Laferrière earlier this year. "The part we'll be using, it's a huge room and it has rooms off of there, so there will be room for their supplies, for litter boxes, for feeding."

The set up is simple. For \$10 an hour, people can come and relax and be around the cats. The eventual plan is to have hot and cold beverages as well as pastries available, but Laferrière said that's not quite ready yet.

"We have coffee and water and chips and chocolate bars," she said, but added finding a bakery to handle daily goodies has been more challenging.

"There are discussions happening."

Laferrière said she had heard about other cat cafés around the world, and wanted to give it a go.

"This started with a conversation last year about, 'Wouldn't it be fun to do it?'" she said.

Health problems kept the café from opening earlier and she said Sunday the room isn't decorated the way she wants it, but things will evolve as time goes on. The café is currently hosting five kittens and five cats under the age of one from their rescue partner, Ksen's Kittens.

On Saturday, the centre had its first adoption, she added.

The café is open Tuesday through Sunday starting at 1 p.m..



A young girl meets one of the kittens. ELSHA DACEY/METRO

HEALTH

West Nile case reported in Manitoba

Manitoba has its first reported human case of West Nile virus.

The department of Manitoba Health, Seniors and Active Living issued a news release announcing a man in his forties was recently hospitalized for neurological symptoms, which was found to be tied

to the virus.

The man hails from the area of Southern Health-Sante Sud, and is believed to have been exposed to the virus the week of July 17.

This is the time of year where people are the most at-risk of contracting the virus.

the release reads.

It adds that in Manitoba, the Culex tarsalis type of mosquito is the main carrier of the virus.

The department found its first infected Culex tarsalis mosquitoes infected with the virus the week of July 17, the release says. METRO

ANIMAL SHELTER

PETA offers \$10,000 to province

PETA is giving Manitoba \$10,000 to crack down on unlicensed animal shelters.

The move comes after provincial health officials investigated a home in the Valley Gardens area where one puppy died and four dogs were removed because of "unsanitary

conditions."

PETA said in a statement it is offering the cash to ensure the province's chief veterinary office has the resources to enforce regulations around animal shelters.

The office said on Wednesday an investigation is under-

EXPANSION

Escape room to launch in Mexico



Braeden Jones
Metro | Winnipeg

Today when Winnipeggers think of the word "escape," it's likely either going to be about a warm vacation South in the winter or those team-building escape rooms.

For Winnipeg-based Enigma Escape Rooms owner Laura Hawkins, she's now thinking both simultaneously as she prepares to launch a satellite location in Mexico.

Enigma Escape Rooms has boomed since opening first in Winnipeg in 2015, and has since expanded by selling modular escape rooms in Saskatchewan, Ontario, Quebec, New Brunswick, Washington, Michigan and New Jersey.

"The (escape) games are proven, people love them," Hawkins said. "The fact they're so popular and people are having such a good time playing with them here gives us a lot of confidence that we'll do well in Mexico as well."

She said she originally considered a Mexico location when her business was younger, but shelved the idea for lack of a partner in the region.

"We got busy with the modular rooms we were selling all over the place anyway, and then out of the blue I received an email from someone in Mexico City who found us and asked if we would be interested in partnering," Hawkins explained. "I said yes... very quickly... that was it!"

She and her daughter went on a business trip to scout out the location in September, met with the Canadian embassy, visited a few rental options and chose one in the popular Internolas Mall.

"The rest is history," she said, adding she hopes to open the southern-most Enigma Escape Room in mid-October.

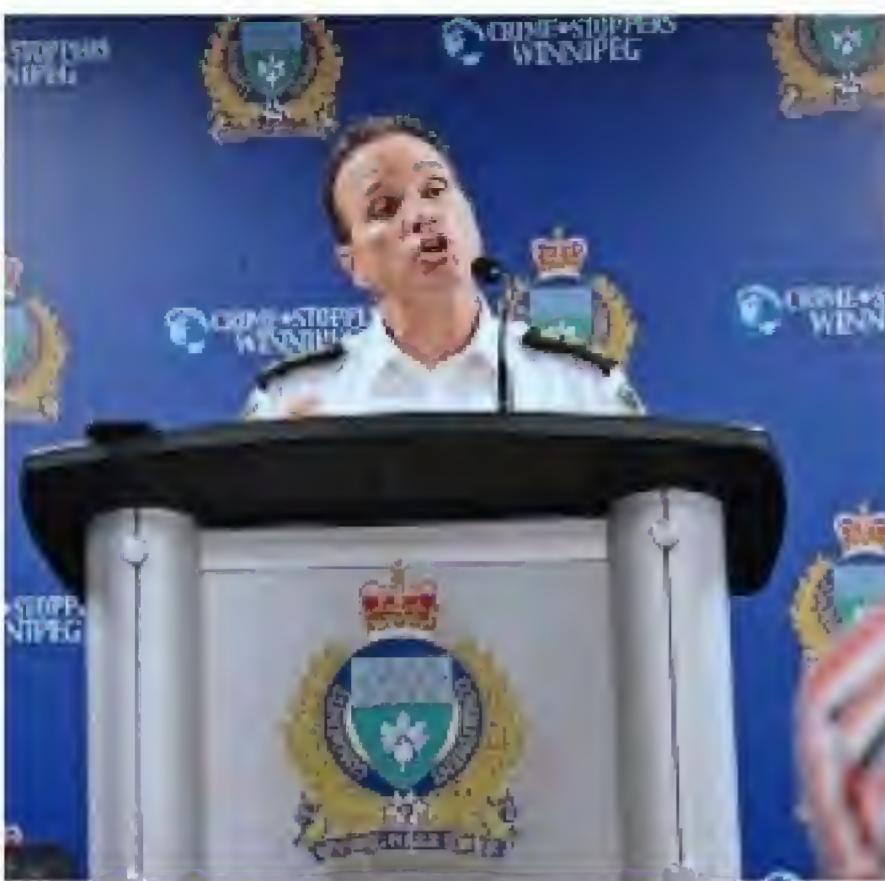
Reflecting on her success in Canada, Hawkins believes she was a fairly early adopter in riding the escape room wave.

"We were a little ahead of the curve," she said. "Now it's really exploding like crazy."

way into whether the home was being run as a shelter.

There is no word yet on if any charges have been laid against the owner.

The office also said it is possible that more animals died at the home. METRO — WITH FILES FROM THE CANADIAN PRESS



Deputy Chief Danny Smyth talks to media. BRAEDEN JONES/METRO

Two officers face charges

MISCONDUCT

Both on paid leave from Brandon force

Braeden Jones
Metro | Winnipeg

Two Brandon police officers now face charges after a Winnipeg Police Service investigation into their alleged misconduct.

Two officers have been put on paid administrative leave from the Brandon Police force. Both were charged with attempting to obstruct justice and one of the two faced an additional charge of obstructing a police officer.

The investigation, conducted by the WPS professional standards unit, began in January 2015 after complaints arose regarding two separate incidents involving 20-year veterans of the smaller city's police force.

Deputy Chief Danny Smyth called the case rare and said the charges were serious.

Charges stem from two incidents — one in November 2014 and one in July 2014.

Provincial justice officials asked Winnipeg police to investigate because the issue pre-dated the creation of the provincial Independent Investigation Unit.

Const. Shane Stephenson faces one count of obstruction of justice and Sgt. Dallas Lockhart faces the same, plus the obstructing an officer charge.

Smyth explained the WPS investigation proved Lockhart was off-duty when he intervened while on-duty officers — one of whom was Stephenson — arrested two suspects at a Brandon-area hotel and bar in November 2014.

One of the suspects being taken into custody in that November case was also involved in a July assault investigation, which Lockhart allegedly interfered with.

"The link... Const. Stephenson was involved in both of those... he was dispatched to the event in November, and also assigned to the assault in July," Smyth said. "One of the adult males (arrested) in the November event was also involved in July."

The two officers will appear in a Brandon court at a later date.

SEARCH

Body of missing man found

There has been a heart-breaking end to the search for a 33-year-old Winnipeg man with mental health problems who went missing last October.

Police found the body of Reid Bricker. They don't believe his death was related to anything criminal.

More than 100 people combed the city for him when he was reported missing on Oct. 24. The search focused on the banks of the Red and Assiniboine Rivers and city parks.

Bricker disappeared shortly after he was released from a Winnipeg hospital. THE CANADIAN PRESS

BREAK AND ENTER

Father, son defend home from thief

A father and son defended their property and restrained a would-be thief Thursday morning after police took 90 minutes to respond.

Patrol Sgt. Andree Huberdeau said the Winnipeg Police Service had "just over 200 calls waiting in the queue" around 6 a.m. when a 48-year-old man attempted to break into a private shed on Bannatyne Avenue.

He then allegedly assaulted the 62-year-old homeowner,

and the homeowner's 29-year-old son came to his father's defence.

A struggle ensued between the son and the intruder, with the would-be thief "striking a metal railing," in the process. Father and son "restrained the suspect until police arrived" a full 90-minutes later.

The 62-year-old man was taken to hospital in stable condition.

The man who tried to break into the shed was taken to the

hospital in critical condition, but has since been upgraded to stable condition.

He remains in police custody.

Huberdeau said police "always appreciate the assistance of the public," but cautioned residents to "make sure they consider their safety first."

"We always caution them not to get into harm's way," she said. "I understand people wanting to protect their property... but we want to make

sure they keep themselves safe first."

She recommended people call police first, which the residents in this situation did before intervening on their own.

The suspect faces multiple charges, including assault causing bodily harm, break and enter with intent to commit an indictable offence, possession of a weapon dangerous to the public, utterance of threats and mischief under \$5,000. BRAEDEN JONES/METRO



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COMMUNITY

Muslim tour aims to break down barriers

Ryan Tumilty
Metro | Edmonton

The first thing Omer Ahmed wants his fellow Canadians to know as he travels across the country is how thankful he is.

The second thing he wants them to know is that not everything they hear about Islam is accurate.

Ahmed is part of the Ahmadiyya Muslim Community and is touring the country as part of a goodwill tour, called Mobile Muslims, marking the 50 years the community has been in Canada.

Visiting communities all over the country was their way of thanking Canada for taking in the first members of the community 50 years ago as refugees from Pakistan and giving them the freedom to practice their religion.

"We wanted to go coast to coast thanking Canada, meeting as many people as possible," he said in front of the group's trailer.

With a near constant barrage of bad news stories linking Islam with terrorism and violence, Ahmed said they also wanted to clear up some of the misconceptions about his faith.

Ahmed said his community emphasizes non-violence and believes Daesh and other terrorist groups are ignoring the teaching of Islam for their own murderous ends.

The group travelled through Eastern Canada beginning in St. John's and travelling through to Toronto, before heading out on a Western Canadian trip that has taken them through Northern Ontario, Manitoba, Saskatchewan and now Alberta over the last 14 days.

Dr. Mohyuddin Mirza, with the local Ahmadiyya community, said the tour helps break down misconceptions and sets up a mutual level of respect.

"If the misunderstandings are removed than it can be the start of a good relationship."



Omer Ahmed and Dr. Mohyuddin Mirza stand in front of the Mobile Muslim trailer in Edmonton, Alta. on Sunday, which Ahmed has used to travel across Canada. RYAN TUMILTY/METRO

Feds prepare for U.S. election outcome

The Canadian government has begun a wide-ranging exercise to plan for the potential effects of the American election, including the possibility of a President Donald Trump threatening to scrap the North American Free Trade Agreement.

The government is mapping out a complex array of outcomes for various results including a Democratic presidency; a Republican presidency; and either a Congress where both parties split power, or one dominates.

The process involves the embassy in Washington, Canada's dozen consulates in the U.S., numerous federal departments, and it is being centrally co-ordinated by the ministers on the cabinet committee for Canada-U.S. relations.

"If I tried to show you an organizational chart it would take up an entire wall," Canada's ambassador to the U.S.,

David MacNaughton, said during an interview in his office overlooking Capitol Hill.

There are two broad components to this quadrennial exercise in planning for the transfer in power of Canada's next-door neighbour, and behemoth of a trading partner. The first is researching the issues and players.

The second is outreach. Amid a surge of protectionist sentiment, the government is seeking allies.

He's also listing the implications of different election results for important files.

Some issues will be deeply affected — the ones where U.S. parties disagree. Climate change is an obvious example.

"We have to be well-prepared for any eventuality," MacNaughton said. "And we have to be realistic about what the opportunities are and what the problems are going to be."

THE CANADIAN PRESS



Iraqi refugees from Mosul arrive at Khazir refugee camp outside Irbil, north of Baghdad, Iraq, on June 11, 2014. Thousands of Iraqi refugees found less work and earned less money in Canada than refugees from elsewhere who arrived during the same period, according to an internal government case study into the Iraqi resettlement program. THE CANADIAN PRESS/THE ASSOCIATED PRESS

Iraqi refugees fared worse: Internal study

IMMIGRATION

Lessons from Iraqi experience applied to Syrian program

Thousands of Iraqi refugees found less work and earned less money in Canada than refugees from elsewhere who arrived during the same period, according to an internal government case study into the Iraqi resettlement program.

The 19,427 Iraqis who arrived between 2009 and 2014 faced numerous barriers, including the trauma of the war, greater medical needs and a lack of English and French compared to others, the study found.

The data offer insight into what lies ahead for the nearly

30,000 Syrian refugees who have arrived since November, because the demographics of the two groups share some similarities, researchers say.

But the study also reveals that the groups settling Syrians last fall and earlier this year reported many of the same challenges that had already been encountered during the Iraqi experience.

The surge of Iraqi arrivals strained resources, while the complexity of the cases made it hard to provide the right support, researchers were told.

Refugees also received little information about what to expect when they arrived and struggled to find affordable housing on income supports that didn't cover the high cost of living in urban centres, the study found.

The Immigration Department said it applied some lessons from

the Iraqi experience to the Syrian program.

Those lessons included improving communication with sponsorship groups, expanding the number of cities receiving government-assisted refugees and the use of international agencies to help in resettlement.

A more material change for the refugees, however, was an increase in the maximum amount of income support a family is eligible to receive — \$50,000 as of May, up from \$25,000.

"Some things unique to the Syrian resettlement initiative, including the resettlement of 25,000 refugees in about 100 days, made some of the lessons learned difficult to apply, but which continue to inform our processes as we go forward," department spokeswoman Sonia Lesage said.

Syrians also arrived in a different context: there was more public attention, including groups actively stepping up and offering jobs, language classes and even private-sector support to help cover housing costs.

And though Iraqis were older and better educated than Syrians, they were also arriving just as the global economy began melting down, likely making job prospects harder in the short term, said Jennifer Hyndman, director of the Centre for Refugee Studies at York University.

Nonetheless, the Iraqi study found that privately sponsored refugees fared slightly better than their government-assisted peers.

More Syrians so far are government-assisted, she noted, and that could suggest the outcomes may end up worse. THE CANADIAN PRESS

BY THE NUMBERS IRAQI REFUGEES

19,427

Number of Iraqi refugees resettled in Canada between 2009 and 2014

8,340

Number of those who were government assisted.

30.5

Percentage of refugees who were under 18 years of age

10

Percentage of those with a university degree

BY THE NUMBERS SYRIAN REFUGEES

29,713

Number of Syrian refugees resettled in Canada since Nov. 4, 2015

16,129

Number of those who are government assisted.

40

Percentage of refugees who, as of January, were under the age of 14

2

Percentage of government-assisted refugees had a university degree

Flint's water crisis over, U.S. declares

EMERGENCY DECLARATION

Michigan now bears full cost of ensuring clean supply

A U.S. federal emergency declaration over Flint's lead-tainted water crisis ended Sunday, but Michigan state officials said work continues to fix the drinking water system and provide services to city residents.

The end to the declaration means the state now bears the full cost of bottled water, filters and other water supplies. Federal resources, health programs and monitoring efforts will continue.

U.S. President Barack Obama in January signed the emergency declaration as Flint's crisis came to a head, after tests

showed elevated levels of lead in the blood of some children.

On Thursday, Virginia Tech researchers who exposed the lead problem gave an upbeat assessment of the city's water quality. Still, environmental engineering expert Marc Edwards urged residents to drink only filtered tap water or bottled water while the system heals.

State officials say community water resource sites where residents can get bottled water, water filters, replacement cartridges and at-home water testing kits remain open in all nine city wards.

"Until the water meets quality standards, we will provide water supplies to Flint water system customers at the water resource sites," said state police Capt. Chris Kelenske, deputy state director of Emergency Management and Homeland Security.

“Until the water meets quality standards, we will provide water supplies.” Capt. Chris Kelenske

BY THE NUMBERS
Supplies distributed to Flint water system customers since Jan. 9:

- More than 2.2 million cases of bottled water
- More than 130,200 water filters
- More than 287,000 replacement cartridges
- More than 52,600 at-home water testing kits

Under the presidential declaration, the Federal Emergency Management Agency has been providing water resource assistance under a 75 per cent federal and 25 per cent state cost-sharing agreement.

Officials say that aside from Michigan taking on additional costs, Flint residents will not notice any loss of emergency services. THE ASSOCIATED PRESS



SYRIAN REFUGEES CHILDREN LINE UP FOR AID Syrian children, who fled with their families from the village of Hawsh Nasri in Duma, queue to receive aid from an NGO in the village of Shaffuniya in Ghouta, east of the capital Damascus, on Saturday. Syria's conflict erupted in March 2011 and has since killed more than 290,000 people and drawn in world powers on all sides. AFP/GETTY IMAGES

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Muslims fearful after imam slaying

NEW YORK

Friends say shooting of mosque leader a 'hate crime'

The daylight slaying of a mosque leader and his associate set off fear and anguish Sunday among Bangladeshi Muslims in a New York City neighbourhood, with some saying the killings appear to be an anti-Muslim hate crime. But police said there is no evidence so far to support that.

Police hunted for the gunman who killed Imam Maulama Akonjee, 55, and Thara Uddin, 64, near the Al-Furqan Jame Masjid mosque in Queens as they left afternoon prayers Saturday in their traditional religious attire. Both men were shot in the head.

"This was a hate crime. One hundred per cent, there's no doubt about it," said Monir Chowdhury, who worshipped daily with the two men.

He said he had moved to the community because of its large Bangladeshi immigrant population, but in recent months has been harassed by people



Maulama Akonjee

THE ASSOCIATED PRESS

shouting anti-Muslim epithets. In one incident, a man called him "Osama" as he walked to the mosque with his three-year-old son. With the killer still on the loose, Chowdhury decided it would be best to drive to prayer services.

Police released a sketch early Sunday of a dark-haired, bearded man wearing glasses. Police said witnesses described the shooter as a man with a medium complexion.

Investigators said they have not established a motive. On Saturday, Deputy Insp. Henry Sautner said there was "nothing in the preliminary investigation to indicate that they were targeted because of their faith." Akonjee was carrying about \$1,000 in cash that was not taken during the shooting, police said.

On Sunday, neighbours in the Ozone Park section were skeptical of what police had found so far.

Chowdhury said he has felt the mood in the neighbourhood change drastically in the last few months and accused presidential nominee Donald Trump of spreading anti-Muslim rhetoric.

Trump's campaign said in a statement that it was "highly irresponsible" to blame a political candidate for the violent attacks.

Mashuk Uddin just couldn't believe it was true, shaking as he heard the news that his brother, Thara, had been gunned down.

Naima Akonjee, 28, one of the imam's seven children, said her father was a caring man who would call her just to check up on whether she had eaten properly.

THE ASSOCIATED PRESS



WEATHER STORM WREKS HAVOC ON LOUISIANA This image shows flooded areas in Denham Springs, La., on Saturday. Louisiana Gov. John Bel Edwards says more than 7,000 people in south Louisiana have been rescued from homes, vehicles and even clinging to trees as a slow-moving storm hammers the state with flooding. A National Weather Service meteorologist says the low-pressure system that drenched south Louisiana has moved into Texas. THE ADVOCATE VIA THE ASSOCIATED PRESS

PAWTUCKET, RHODE ISLAND

'Sick of Scandals' ticket on ballot

A candidate trying to unseat the incumbent mayor of Rhode Island's fourth-biggest city isn't a Democrat or Republican.

John Arcaro declares himself a member of the "Sick of Scandals" movement, and state election officials are allowing him to include the phrase on the ballot next to his name.

Arcaro said he came up with the idea to get corruption-weary Pawtucket residents behind his candidacy.

He also believes the phrase has universal appeal, not just in a small state with a history of cronyism.

"We obviously have a very notorious reputation," Arcaro said. "But the opportunity's

pretty much everywhere, or the conditions to be corrupt and so forth."

Arcaro said he was partly inspired by New York's Rent is Too Damn High Party, whose founder attracted wide attention for his populist campaigns for governor and other offices.

Independent candidates who don't belong to a registered party in Rhode Island can declare a political principle on their candidacy forms. It's included on the ballot if it's no more than three words and doesn't mention any of the state's official parties: Democratic, Republican and Moderate.

Candidates in states with

stricter ballot rules have gone as far as legally changing their names to show their experience or what they stand for. One accountant, for instance, changed his name to Robert Mead C.P.A. and was elected as Kentucky's state treasurer in 1987.

There's also some local precedent for Arcaro's designation. Of the three candidates running for Rhode Island's lieutenant governor in 2010, one ran on the "Hour With Bob" ticket, after the candidate's TV show. Another ran on the "Cool Moose" ticket, a reference to Rhode Island's now-defunct Cool Moose Party.

The third candidate, a Democrat, won. THE ASSOCIATED PRESS

NIGERIA

Some Chibok girls killed in airstrikes: Boko Haram

Some of the abducted Chibok schoolgirls have been killed by Nigerian military airstrikes, according to a new video from Boko Haram. The video shows one victim pleading for authorities to bow to the extremists' demands that they release detained militants in return for the girls. It's not clear how many schoolgirls have died. The video also shows a militant warning that if President Muhammadu Buhari's government battles Boko Haram with firepower, the girls won't be seen again. THE ASSOCIATED PRESS

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MILWAUKEE

Officer that shot man also black, say police

The black man whose killing by police touched off rioting in Milwaukee was shot by a black officer after turning toward him with a gun in his hand, the police chief said Sunday, as Wisconsin's governor put the National Guard on standby against any further violence.

Police Chief Edward Flynn cautioned that the shooting was still under investigation and authorities were awaiting autopsy results, but that based on the silent video from

the unidentified officer's body camera, he "certainly appeared to be within lawful bounds."

Mayor Tom Barrett said the footage clearly showed the gun in 23-year-old Sylville K. Smith's hand as he fled a traffic stop Saturday.

"I want our community to know that," Barrett said. But he also called for understanding for Smith's family. "No matter what the circumstances are, his family has to be hurting."

THE ASSOCIATED PRESS

CALIFORNIA

A thousand flee as fire destroys homes

Flames racing through dry brush destroyed at least four homes and forced more than 1,000 people to flee a northern California lake community that was evacuated in a devastating wildfire last year.

Authorities ordered about 1,200 residents to leave 500 homes as the blaze surged south of the town of Lower Lake. The wildfire spread to more than five square kilometers by early Sunday, and crews faced hot weather and

little cloud cover as they tried to get a handle on the flames burning largely out of control.

"The fire activity could change in a moment's notice right now," said Suzie Blankenship, a spokeswoman for the California Department of Forestry and Fire Protection.

The fire was throwing embers and spreading rapidly because of parched conditions brought on by the state's historic drought, officials said.

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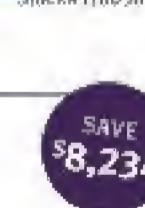
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URBAN ETIQUETTE ELLEN VANSTONE



Dear Ellen,
I was at a TD bank recently, where a woman in her mid- to late-20s was my teller. I am in my 50s. She called me "Honey" ("What denominations do you want, Honey") and then "Sweetie" ("Anything else, Sweetie?") and then said, "Thanks, Cutie." I said nothing. But, oh, how I thought about saying a lot. She was incredibly nice, and clearly good at her job. She (or someone there) must believe this is good customer relations. It's not.

Thoughts?
Insulted

Dear Insulted,
The TD teller is not the only culprit. Despite the fact that many of us Boomers still dress like teenagers, carefully colour our hair, and assiduously remedy (to varying degrees) any signs of aging on face or body, young'uns worldwide still seem to perceive us as "elderly" — and patronize the hell out of us.

The irony is annoyingly obvious. The generation that grew up on a mantra of "Don't trust anyone over 30" is now being treated as if WE are over 30!

Admittedly, when I was young, I viewed people older than myself as invisible, irrelevant, uninteresting and unimportant. So you might say I'm getting my just deserts.

The generation that grew up on a mantra of 'Don't trust anyone over 30' is now being treated as if WE are over 30!

THE QUESTION

A bank teller in her 20s called me "Honey," "Sweetie," and "Cutie" in the course of a single interaction. I'm in my 50s. I think this is disrespectful. What do you think?

Can I offer you
some prune juice
my cutie patootie?



© Ani Castillo

As a Boomer, however, I reserve the right to instruct every succeeding generation on how to think and act. As my own dear mother, God rest her soul, used to say: Do as I say, not as I do. (Naturally, I dismissed most of her wisdom while she was alive. But it's surprising how much of it I remember and use now.)

So, dear Insulted, I completely agree that you are right to feel offended at being called "Honey," "Sweetie," and "Cutie." I myself tend to get called "Dear" and am now wondering why I never get called "Cutie." But I digress. My point is that it's wrong,

disrespectful and rude to address anyone older than yourself as if they were a child, or in any way incapacitated.

This obviously applies to young-looking, vibrant, age-defying Boomers such as me and (presumably) you. But it also applies even if the person you are addressing is a senile, drooling centenarian in diapers. Yes, you are allowed to yell if they can't hear, spoonfeed them if they can't eat properly, dress them, lead them or carry them as necessary. You may also speak more slowly and clearly than you usually do, talk of childish things, and patiently repeat

answers to inane questions ad nauseum.

But your mode of address must at all times remain properly courteous. Use their name, as you would with any contemporary. Banish all those condescending epithets from your vocabulary forever more. Speak to us old folks as equals, please, allowing us to retain whatever dignity we can in our declining years.

And hope to hell the next generation treats you with equal respect.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD



If a change of heart is genuine, does it matter how or why it happened?

What does it take to change a mind?

Also: what should it take?

In Ontario, the arrival of a new sexual education curriculum last year revealed a minority and predominantly religious population staunchly opposed to aspects such as teaching diverse sexual identities, or really much about sex at all. Among them, Catholics.

And among Catholics, Angela Kennedy. But the chair of the Toronto Catholic School Board did an about-face on the issue this summer. After learning her son had been sexually abused as a boy, after he said a dispassionate and basic grounding in sex ed may have helped him recognize the abuse as such, after facing pressure from her other six boys and taking another look at the curriculum, Kennedy changed her mind.

The media widely reported her story, and some criticized her for needing a personal experience to "see the light," as it were. Then there's the question of Catholic backlash.

In an interview for my Nth Wave podcast, Kennedy described a fallout far more nuanced and surprising than one might expect. Instead of an onslaught of Catholic outrage, she's been receiving an outpouring of gratitude.

"There have been some negative comments, but it feels like 10 per cent are negative and 90 per cent are positive," she told me. So some Catholics were yearning for someone like them to support

the curriculum? I asked.

"They were!" she said. "The principals at the schools are saying thank you, thank you, now we're OK to talk about this with our parents."

It's a sentiment that surprised her — how could her change be so freeing for others? But it has been, a fact that polling might help explain. A Forum Research poll conducted around the time of Kennedy's reversal found that 61 per cent of Catholics supported the curriculum.

Of those opposed, some have called for Kennedy's resignation. Others have taken one-on-one meetings with her in attempts to change her mind, again. She's tells them the same thing: "You should talk to parents, tell them to embrace the curriculum, and suggest that they stay close to their children and teach them the values that they want them to have." (Not a uniformly well-received response.)

Kennedy remains shocked at how silent the curriculum's supporters had been until she changed her mind. It makes her wish she'd done it sooner. But it wasn't easy: months in the making, under pressure from those she loved, in the face of political risk.

We may not like what it takes to change some minds. But among many of Toronto's Catholics, it appears to be well worth it.

Hear Rosie's talk with Angela Kennedy on 'Nth Wave':
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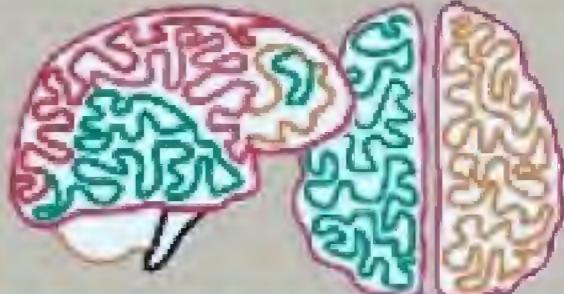
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Flesh out the facts about meat

DIET

There's a new health enemy No. 1, but is it really that bad?

Sugar, salt, saturated fat. They've all had their turn in the spotlight, with studies and media reports vilifying each one for chipping away at your lifespan or increasing your risk of one disease or another.

But the latest headlines point the finger at a different health enemy: Meat.

"Eating more animal protein increases risk of death, plant protein reduces it," warned a CBC story in August, following the highly publicized release of a large U.S. study. "Meat in Modern Diet,

Just as Bad as Sugar, Correlates with Worldwide Obesity," reads the headline of a research paper published earlier this summer. And last year, the World Health Organization's cancer agency classified processed meat like ballpark hotdogs and greasy bacon as a cancer-causing carcinogen, while declaring red meat such as beef, veal, pork, lamb and mutton as a probable carcinogen to humans.

"People want to blame something for their s---y health, and their s---y diet. Now it's meat. Before it was sugar. Before it was



People want to blame something for their s---y health, and their s---y diet. Now it's meat. Before it was sugar. Before it was carbohydrates.

Abby Langer, a registered dietitian

Much ado about meat

Criticism of a meat-based diet often focuses on environmental and ethical arguments, with food researchers and vegans alike highlighting everything from unnecessary cruelty to animals to the dire environmental impact of meat production.

In recent years, however, the dialogue has shifted, focusing more narrowly on the personal health impacts of our steak-craving, burger-guzzling Western culture.

As Hillary Clinton trotted along the campaign trail ear-

lier this year, her husband was doing the same — lauding not only his wife's presidential ambitions, but also something else close to Bill's heart: His nearly meat-free diet. Adopting a mostly vegan lifestyle amid his ongoing heart troubles "changed my life," the former president told the media at a campaign pit-stop in Las Vegas in February.

He's a politician, not a doctor, but Clinton's view does line up with a growing body of evidence highlighting the risks of eating meat.

In Canada, a diet high in processed meat is 7th on a ranking of the top dietary risks for death, while a diet high in red meat is 14th, according to a 2015 report from the Canadian Medical Association.

Though the news seems dire for meat-lovers, other food experts paint a more complicated picture of meat's risks and benefits than headlines or statistics can convey.

The nuanced reality

Meat isn't "deadly," says Dr. Tom Wolever, a professor of nutritional sciences at the University of Toronto and medical staff member at St. Michael's Hospital. The bigger problem, he says, is portion sizes.

"Usually, you go to restaurants, and it's a huge portion of meat and one slice of carrot and not much else," Wolever

says. "The portions need to be readjusted."

You can have a healthy diet and still eat meat in moderation, echoes Laura Rosella, a Canada Research Chair in population health analytics and an assistant professor at the University of Toronto's Dalla Lana School of Public Health.

"I think meat's being vilified a little bit, and the messaging isn't as nuanced as it should be," she says, adding the backlash began about five years ago.

Despite the furor, meat's nutritional benefits can't be ignored.

It's a valuable source of protein, vitamins A and B1, B12, niacin, iron, and zinc, notes Switzerland's 2015 review. It can also satiate hunger more so than other foods, Rosella says.

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Be thrifty, not cheap

ADVICE

There's no shame in being smart with your money

Gail Vaz-Oxlade
For Metro Canada

I have known some cheap people. They are the folks who show up at a party with two bottles of beer and then drink a dozen. They are the ones who leave the tax and tipping to every one else at the table. They're the friends who forget their wallets, offer to pick up the next one, cry poor at every turn but are happy to have you foot the bill.

Hey, nobody likes a tightwad, which is why jokes about being cheap make us laugh. Ever hear the one about being tighter than paper on the wall? How about the one about squeezing a nickel 'til the beaver poops!

Thrifty is a whole 'nother matter. Articles abound about how to be thrifty with your shopping, cooking, entertaining, gardening, and gift-giving. And our focus on doing good for the environment (recycling, using reusable shopping bags, conserving energy) not only assuages our guilt, it's thrifty.

Benjamin Franklin was an apostle of thrift. He's famous for it and has left behind pithy little sayings like, "waste neither time nor money, but make the best use of both."

Your grandparents may not be famous, but they knew how to be thrifty too.

With lots of kids, far fewer financial resources, and NO CREDIT, they had to find ways to make do. They actually did better than make do; they had good lives. Did you know that the root of the word "thrift" is "thrive?"

If you've been erroneously as-



'I won't drive around to find cheap gas or to buy stuff on special, but I do know which stations have the best price, and I will plan my shopping around something on sale that's on my list.'

Gail Vaz-Oxlade

sociating thrift with being cheap, perhaps it's time to reorient your thinking.

It isn't about being stingy. It's about building prosperity through careful management of resources.

It isn't about being miserly. It's about embracing a way of life that lets ordinary people have a good life while they save and share.

Happily people seem to be shrugging off the "cheap" label and enjoying the idea of thrift. With the scare of an economy that's tilted precariously, folks have decided to embrace their thrift and take better care of their pennies.

I'll willingly admit to being thrifty.

The way I do this (mostly) is by not spending money on crap I don't need. If I need a lipstick, I buy a lipstick. I don't have 30 lipsticks sitting in purses and drawers.

If I want a new pair of shoes, I buy a new pair of shoes, but it's usually because I'm getting rid of a pair that's worn out, not because I'm adding to my "collection."

I hate throwing out food. I despise feeling like I've wasted my money on something because I didn't think about the purchase carefully. So I don't make myself feel bad. I do the thrifty thing and stay on the right side of my demons.

I won't drive around to find cheap gas or to buy stuff on spe-

cial, but I do know which stations have the best price, and I will plan my shopping around something on sale that's on my list.

There are some things on which I spend a lot of money: books, plants for my garden, my pooch, Tabitha.

But that's money I have and I spend it liberally on purpose, not because I'm trying to impress or show off.

Being thrifty with your money is smart. Wasting it is dumb.

You get to decide which label you prefer.

For more money advice, visit Gail's website at gailvazoxlade.com



JOHANNA SCHNELLER
WHAT I'M WATCHING

From wackness to life and destiny

THE SHOW: *The Get Down*, Season 1, Episode 2 (Netflix)

THE MOMENT: The turntable lesson

In a secret apartment in a burned-out building in late-1970s Bronx, godlike DJ Grandmaster Flash (Mamoudou Athie) teaches his acolyte Shaolin Fantastic (Shameik Moore) to work a dual turntable.

"Now listen," Flash says, playing a dull stretch of song. "That is a void of useless nothing, the wackness. But —" he spins the record to a melodic hook, the get-down — "that is life and destiny."

Deftly, he spins one get-down while lining up the same spot on a second, identical disc, creating an endless, ecstatic loop of beat.

Then he turns the volume down and lets both platters play while he slowly circles the room.

"You must be like Bruce Lee, never in disarray," he says. "Arrive, depart, the same every time." He flips the volume back on. The record is exactly on the get-down.

"How did you do that?" Shaolin cries.

"Because I know time," Flash purrs.

The first hour of this series, from acclaimed director Baz Luhrmann, is pretty disjointed. But stick with it, and you will spend the next several hours with a grin plastered to your face.

Once he's established his milieu, the party begins — he soars from realism to magic realism, and keeps rising, like one of Flash's beats.

Luhrmann throws everything at the screen and doesn't care what sticks where: Kung Fu, disco, Star Wars, graffiti, audio cassettes, corrupt politicians, crooked developers, West Side Story, Arthurian legend, and a street gang straight out of Walter Hill's 1979 classic *The Warriors*. The result? Joy.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Baz Luhrmann's *The Get Down* soars from realism to magic realism, and keeps rising, like DJ Grandmaster Flash's beats, writes Johanna Schneller. CONTRIBUTED



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WHY I LIKE MY JOB

Chris Palmer, 34, Custom Carpenter
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I never knew how much I loved wood until I started working with it full-time.

As a kid I was transfixed by TV shows like The New Yankee Workshop, which I think is what motivated me to enrol in Humber College's industrial design program.

There, I gained valuable skills that enabled me to design and manufacture whatever I was passionate about.

Following graduation, I was hired on by a firm that specialized in the design of store displays; however, I noticed I was spending a lot of my spare time building things for fun in my garage.

I started crafting furniture for my sister, which ultimately inspired me to launch my custom carpentry business. Truthfully, I felt so much happier chasing a career that I genuinely cared about.

Since incorporating my business, I've been able to leverage my training in 3D CAD modelling and handcrafting to provide my clients with fully functional, long-lasting items like dining tables, sheds, garage doors, decks — you name it!

My philosophy is to simply allow my creativity to flow and to never give in to roadblocks.



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Data for this feature was provided by payscale.com, tradeschools.ca, onetonline.org and jobbank.gc.ca

HOW TO START

An apprenticeship program is the typical starting point for an aspiring carpenter. Most programs provide upwards of 5,400 hours of on-the-job training, enabling apprentices to earn a paycheque while in pursuit of a formal designation. Within four years, most apprentices will be fully trained for roles in residential and commercial construction, home renovations, furniture making and more.

WHERE YOU CAN GO

Carpentry is generally viewed as a safe, recession-proof industry. For one, the ongoing need for residential renovations and repairs has secured thousands of potential projects for years to come. Many opportunities exist in specialty woodworking shops, construction firms, manufacturing plants and government agencies. Alternative career paths include piecework carpentry (for those interested in crafting and repairing tables, chairs, cabinets or other wooden items) and self-employment.

NEXT CAREER STEP

An experienced carpenter may opt to pursue the Interprovincial Standards' Red Seal designation, which authorizes professionals to work anywhere in Canada. College and university programs may also be of value to craftspeople seeking advanced roles as superintendents, site managers, project managers or safety directors.

metro RIO

Canadian boxer Arthur Biyarslanov hinted at a move to the pros in a Facebook post after his loss to Germany's Artem Harutyunyan



PHOTOS BY GETTY IMAGES

1 **Fastest man alive** — Usain Bolt of Jamaica won the men's 100 metres in a time of 9.81.

2 **Golf's Rose-y return** — Great Britain's Justin Rose won the first golfing gold medal at the Olympics in 112 years Sunday, beating Henrik Stenson of Sweden by two strokes.

3 **Repeat champ** — Andy Murray of Great Britain beat Argentina's Juan Martin Del Potro 7-5, 4-6, 6-2, 7-5 for his second consecutive gold in men's tennis singles.

4 **Marathon woman** — Jemima Jelagat Sumgong became the first Kenyan to win the women's Olympic marathon.

Canadian 100-metre bronze and beyond

RIO 2016

De Grasse places third in showcase race, Bolt wins gold

Andre De Grasse proved once again that he can run with the best sprinters in the world.

The Canadian flew to a personal-best

time of 9.91 seconds to take the bronze medal in the men's 100-metre sprint Sunday at the Rio Olympics.

"To be able to be a part of history here in Rio is amazing. I have so much to learn from that race. I just need to work harder for next year," the 21-year-old told CBC.

De Grasse beat his bronze-medal time from

the 2015 world championships by one-hundredth of a second, trailing only the legendary Usain Bolt (9.81) and American sprinter Justin Gatlin (9.89) in a star-studded field.

Bolt, who has stated this would be his last Olympics, won gold for the third straight Games.

"He feels like I'm the next one and I'm just trying to live up to it," De Grasse said of a post-race exchange he had with Bolt.

"I feel like I'm capable of doing it."

Athletics Canada head coach Peter Eriksson said De Grasse should be the favourite at the 2020 Tokyo Olympics.

"I think so definitely," Eriksson said. "He's now on the stage

where he can be the greatest Canadian athlete ever."

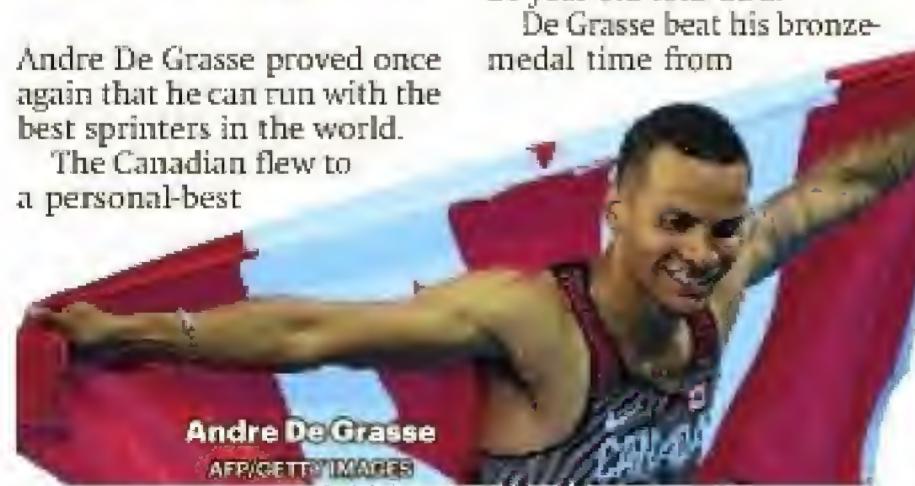
The sprinter from Markham, Ont., kept Canada's medal streak alive. Canadian athletes have won at least one medal on every day of competition and sit 11th in the total medal standings with 13 (two gold, two silver, nine bronze).

He also is the first Canadian male athlete to win hardware in Rio. Canada's Olympic women claimed the country's first 12 medals.

De Grasse now shifts his focus to the 200 metres, which begins Tuesday and wraps up on Thursday night.

He will also compete in the 4x100-metre relay. The qualifying heats take place Thursday. The final is Friday night.

THE CANADIAN PRESS



Andre De Grasse
AF/GETTY IMAGES

RIO Trips to the podium

MacLennan leads Canadian charge Friday

Rosie MacLennan etched her name in Canadian Olympic history on Friday.

MacLennan delivered an impressive mix of flips, twists and jumps in her final routine to repeat as women's individual trampoline Olympic champion.

He also is the first Canadian summer athlete to successfully defend an individual Olympic title.

Also Friday, Canadian rowers Lindsay Jennerich and Patricia Obee won silver medal in the women's lightweight double sculls and swimmer Hilary Caldwell added a bronze in the women's 200-metre backstroke.



Rosie MacLennan GETTY IMAGES

Theisen-Eaton claims heptathlon bronze medal

Brienne Theisen-Eaton of Humboldt, Sask., put a tough first day of the heptathlon behind her and fought back for a bronze medal Saturday.

Earlier in the day, Canada's track cycling team defeated New Zealand to win the pursuit bronze. Kirsti Lay, Allison Beveridge, Georgia Simmerling and Jasmin Glaesser made up the team. THE CANADIAN PRESS



Strong Stroman on cloud nine after taming Astros

MLB

Jays ace helped out by Martin and Tulowitzki to clinch series

Marcus Stroman continued his stretch of solid starts on Sunday afternoon, limiting the opposition to one earned run for the third time in five starts as the Blue Jays defeated the Astros 9-2.

Stroman (9-5) allowed two runs, one earned, on five hits while striking out eight. The 25-year-old has won three of his last four decisions after dropping four of his previous six.

"I've been feeling good lately," he said. "It felt like any other day, just got rolling and felt like I had pretty good action on my pitches early."

The victory moves the Blue Jays to a season-high 16 games above .500. Toronto (67-51) has now won six of their last 10 series, going 12-7 in that stretch. The Astros (61-57) have dropped consecutive games after winning four straight on the road.

Troy Tulowitzki and Martin hit back-to-back home runs in the fifth inning to blow the game open for the Blue Jays, who have now won nine of their last 13 in Toronto.

Tulowitzki put Mike Fiers' fastball into the second deck at Rogers Centre for a two-run

home run giving the Blue Jays a 4-1 lead. Martin followed it up by taking Fiers' first pitch yard for his 10th homer of the season — it marks the seventh time this season the Blue Jays have hit back-to-back home runs.

Martin's long ball knocked Fiers (8-6) from the game. The Astros starter went 4 2/3 innings allowing five earned runs on seven hits while striking out seven.

"Hit some homers. Everybody always says, 'Well there's more to it than that', but that's accurate, that's what we do best," said manager John Gibbons of the Blue Jays out-scoring the Astros 16-9 in the three-game series. "We've got guys that when they're hitting them... the key is to get some guys on base and then pop one here or there."

Martin showed off his defensive game in the seventh, leaning into the Astros dugout to grab an Alex Bregman foul ball.

"You don't get those opportunities very often," Martin said. "It was just nice that it came up in a big situation and kind of sparked the guys after — them hitting the ball hard, weathered the storm a little bit and got us back in the right direction."

Edwin Encarnacion gave the Blue Jays a 6-2 lead, hitting a solo home run off of Luke Gregerson in the seventh. The homer ties Encarnacion with Baltimore's Mark Trumbo for the Major League lead (33).



Marcus Stroman picked up his ninth win of the season as he cooled off the Houston Astros' hot bats at Rogers Centre Sunday afternoon. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Toronto put up another three spot in the eighth, increasing its lead to seven.

Melvin Upton Jr. delivered an RBI single and later scored while Josh Donaldson was issued a bases loaded walk by Astros reliever James Hoyt.

The Blue Jays got to Fiers early, taking a 1-0 lead on Tulowitzki's RBI single in the first.

The veteran shortstop finished the day 3 for 4 with three runs batted in.

Astros shortstop Carlos Correa extended his hit streak to a career-best 10 games with a leadoff single in the second, and later scored on a Stroman throwing error tying the game 1-1.

THE CANADIAN PRESS

AL EAST

	W	L	PCT.	GB
Jays	67	51	.568	-
Orioles	66	51	.564	.5
Red Sox	64	52	.552	2
Yankees	60	57	.513	6.5
Rays	47	69	.405	19

THE ASSOCIATED PRESS

BASEBALL

Fighting Fish run out of air

SUNDAY at Shaw Park

9 **4**
WINGNUTS GOLDEYES

On a perfect day for baseball in southern Manitoba the Winnipeg Goldeyes worked to keep things close, but the Wichita Wingnuts put a foot on their throat in the ninth to hand the Fish a 9-4 defeat at Shaw Park.

Winners of 12 of their last 15 and entering the afternoon four games up on the Laredo Lemurs for the lone American Association wild card spot, the Goldeyes closed a four-game set against the South Division-leading Wingnuts to earn a series split.

Wichita opened the scoring in the third as T.J. Mittelstaedt stroked a three-run home run. The Wingnuts added two more in the fourth to lead 5-2.

Winnipeg slugger Willie Cabrera cranked a two-out, two-run dinger in the third for his 13th round tripper of the season to bring the Fish within one. Trailing 5-2 in the fifth, Adam Heisler smacked a two-run homer to bring the Fish within a single run once again.

Goldeyes starter Etna Carnes tossed five complete in the loss, allowing five runs on seven hits. Carnes has been rock solid for the Fish as of late, earning wins in each of his previous three starts while only allowing three earned runs combined.

DARREN BAUMING FOR METRO

GOLF

Moore holds nerve for John Deere win

Ryan Moore won the John Deere Classic on Sunday for his fifth PGA Tour title, closing with a 4-under 67 for a two-stroke victory over Ben Martin.

The 33-year-old Moore finished at 22-under 262 at TPC Deere Run, playing the final 46 holes without a bogey and making only one in 72 holes. He won for the first time since successfully defending his CIMB Classic title in Malaysia in 2014.

Martin had three straight back-nine birdies in a 68.

South Korea's Whee Kim shot 67 to tie for third with Morgan Hoffmann (71) at 17 under.

Moore birdied Nos. 2, 4, 9 and 10 and closed with eight pars. He had a five-stroke lead when Hoffmann bogeyed the 12th hole.

Martin, playing with Moore in the final two-some, birdied Nos. 12-14, but couldn't get closer than two strokes. Martin parred his last four holes, and Hoffmann his final six. THE ASSOCIATED PRESS

IN BRIEF

Panthers shuffle staff

Carolina Panthers special teams co-ordinator Bruce DeHaven has decided to step down from his position and move into an advisory role with the team while continuing his battle with prostate cancer.

The team announced Sunday that Thomas McGaughy has been promoted to special teams co-ordinator and Chase Blackburn to special teams assistant.

THE ASSOCIATED PRESS

Swimmer Lochte is held up at gunpoint

RIO 2016

The U.S. Olympic Committee says Ryan Lochte and three other American swimmers were robbed by armed men who stopped their taxi.

USOC spokesman Patrick Sandusky says Lochte and the others left the French Olympic team's hospitality house early Sunday in a taxi headed for the athletes village.

He says "the taxi was stopped by individuals posing as armed

police officers who demanded the athletes' money and other personal belongings."

Sandusky says the four swimmers are "safe and co-operating with authorities."

Lochte swam in two events at the Rio Games, winning gold in the 4x200-metre relay.

Lochte and three other American swimmers were robbed at gunpoint early Sunday by thieves posing as police officers who pulled over their taxi and took cash and credit cards. THE ASSOCIATED PRESS

IN BRIEF

Betts belts three homers

Mookie Betts hit three home runs and drove in a career-best eight runs, joining Hall of Famer Ted Williams as the only Red Sox players in over 100 years with a pair of three-homer games in a season and powering Boston over the Arizona Diamondbacks 16-2 on Sunday.

Lochte and three other American swimmers were robbed at gunpoint early Sunday by thieves posing as police officers who pulled over their taxi and took cash and credit cards. THE ASSOCIATED PRESS

RECIPE Leek and Artichoke Frittata



Ceri Marsh & Laura Keogh
For Metro Canada

Start your week off right with this light but creamy frittata. Leeks and artichokes give it gorgeous colour and delicious texture.

Ready in 20 minutes

Prep time: 5 minutes
Serves 4

Ingredients

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 leek, washed thoroughly, sliced thinly
- 1 can (14 oz) of artichokes, drained
- 8 eggs
- 1 Tbsp Dijon mustard
- Salt and pepper
- 2 oz goat cheese crumbled
- 3 scallions, sliced

Directions

- Preheat the oven to 350 F.
- In a large, oven-proof skillet, warm up the olive oil over medium heat. Sauté the garlic and leeks until they soften, about 3 minutes. Now add the artichokes and stir.
- In a large bowl, whisk together the eggs, Dijon mustard, and season with salt and pepper. Gently pour the eggs over the vegetables in the skillet. Sprinkle the goat cheese and scallions over top.
- Carefully place the skillet in the oven and bake for 15 minutes, until the frittata is set. Serve with a green salad.

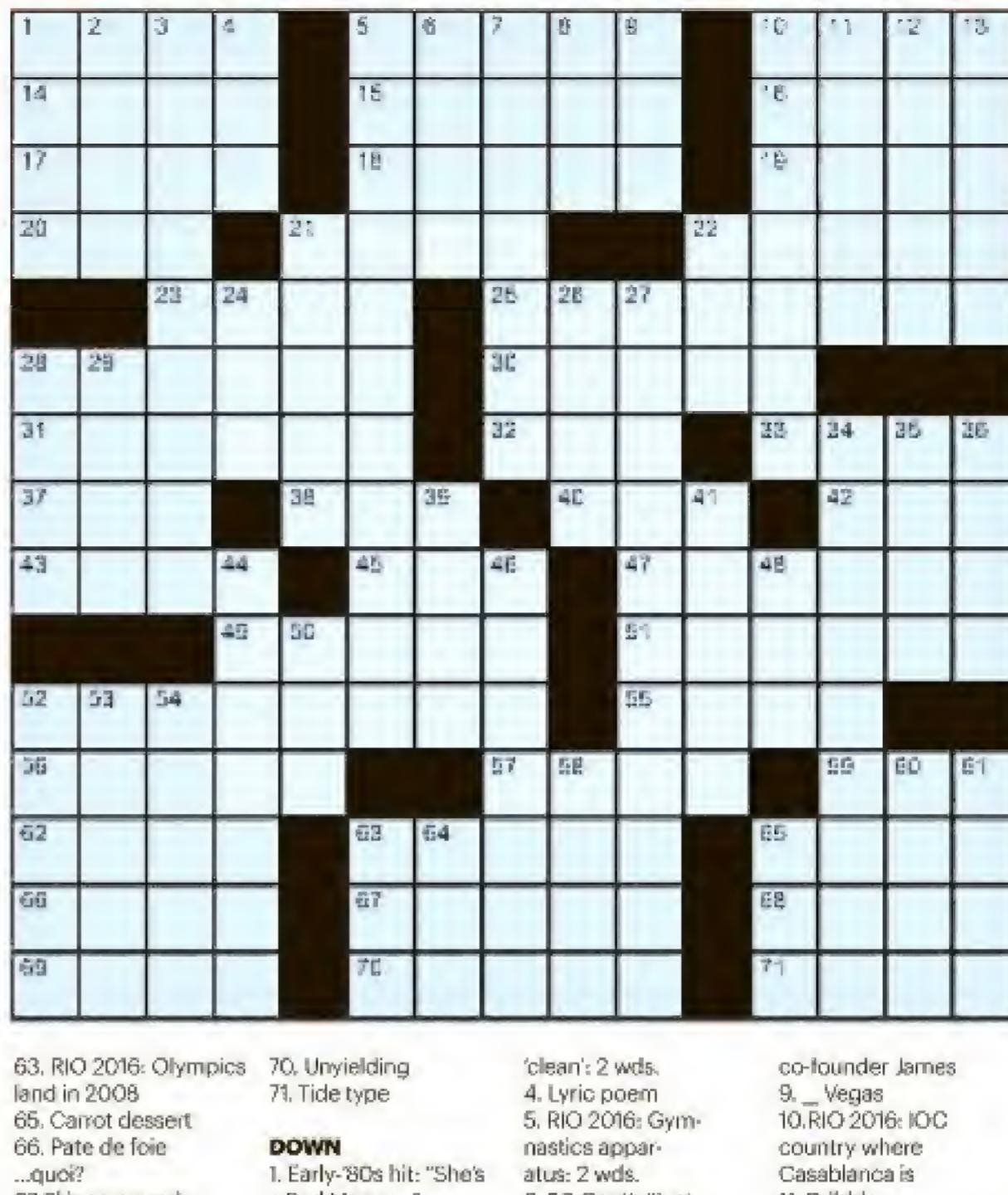
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- RIO 2016: Olympic sport
- Pesto ingredient
- 10,1700, fancy-style
- Snake, for one
- 1st Greek letter
- Spoken
- Sulk
- Pre-euro monies
- Canadian hardware store
- Chemical suffix
- L.A.'s state
- Ransacks
- Watered down
- RIO 2016: Pool prop, sometimes: 2 wds.
- RIO 2016: 1976 Summer Olympics location... Montreal, _
- Theme
- Not hurting, say
- College campus gr.
- Philharmonic gr.
- Perform
- Camel hair cloth
- That fellow
- Goth rocker's music
- Heave
- And so on [abbr.]
- Maidens of ancient myth
- RIO 2016: ITA is its IOC country code
- RIO 2016: Ancient Olympics land
- RIO 2016: _ Gymnastics
- Pear variety
- Poetic feet
- Diving bird
- W5 extra
- One of Andy Warhol's Superstars
- RIO 2016: Olympics land in 2008
- Carrot dessert
- Pate de foie ...quoi?
- Skincare product
- Monster
- Leaky balloon sounds
- Unyielding
- Tide type
- Early-'80s hit: "She's a Bad Mama _"
- Stratford-__Avon
- RIO 2016: They're randomly conducted to ensure athletes are
- 'clean': 2 wds.
- Lyric poem
- RIO 2016: Gymnastics apparatus: 2 wds.
- 50 Cent's "Just _ Bit"
- RIO 2016: Quick race events
- Smashing Pumpkins
- co-founder James
- Vegas
- RIO 2016: IOC country where Casablanca is
- Dribble
- "Why _ ?" (Permission-pleader's query)
- Necklace part
- Cutlass _ (Oldsmo-



- bile model, formerly)
- Flower necklace
- TV network
- "Wooow!"
- RIO 2016: Diving event
- Lil boggy spot
- Donald Duck, to his nephews
- RIO 2016: Chance for runners-up to continue to the next round in some sports
- Crown corporation, e.g.
- Stockings
- Mythical Hun king
- RIO 2016: The Discus Thrower sculptor of ancient Athens
- Animal Planet rescue dogs show: 2 wds.
- RIO 2016: Men's Omnium Points Race
- 6/6 is an event in what sport?
- Not you
- Ordinal suffixes
- RIO 2016: Men's gymnastics apparatus
- Whiskers
- Lettered gyms
- R.E.M.'s "The _ Love"
- Pod vegetable
- Cry
- Midpoint [abbr.]
- __ polloi
- Defraud

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today is full of unusual, fun-filled possibilities! Unexpected invitations to social or sports events are likely. Romance and children could be sources of surprise.

Taurus April 21 - May 21
Something pleasant and unexpected will affect your home and family today. An impromptu gathering might take place. You might hear surprise news related to real estate.

Gemini May 22 - June 21
Road trips are just one reason you will see new places and meet new faces today. It's not a boring day! Stay light on your feet so that you can go with the flow.

Cancer June 22 - July 23
Keep an eye on your money and wealth today. You might find money; you might lose money. Protect what you own from loss or theft. A moneymaking idea might take off!

Leo July 24 - Aug. 23
This is an exciting day for Leos! Whatever happens, it is fresh, novel and different! You have a heightened perception of the world around you. Discussions will be frank.

Virgo Aug. 24 - Sept. 23
This is an exciting day for you. However, the source of your excitement is private or behind the scenes. Write down some of your clever ideas.

Libra Sept. 24 - Oct. 23
You will meet interesting people today. This could be because of a group involvement, the introduction of a friend or because you might be traveling. You love the stimulation.

Scorpio Oct. 24 - Nov. 22
Interactions with authority figures might surprise you today. Someone might do something you'd least expect; however, it will please you. (One hopes.)

Sagittarius Nov. 23 - Dec. 21
Sudden opportunities to travel will materialize today. (Again?) Likewise, chances to take a course or to get further training will excite you. You're going places!

Capricorn Dec. 22 - Jan. 20
Stay in touch with bank details regarding shared property, taxes, insurance matters and inheritances, because something unexpected will occur.

Aquarius Jan. 21 - Feb. 19
A friend or partner will surprise you by doing or saying something unexpected today. But the surprise might delight you. Something will make you feel liberated and younger!

Pisces
Feb. 20 - March 20
Opportunities for advancement exist at work today. Some of you will encounter new technology; others will meet new friends and co-workers. This is an exciting day!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

8		7	9	4	
6			4		5
	9	1			
		7		2	1
1	2	9	3	6	
9	6		1		
		4	2		
2		6			4
1	9	8		7	

Difficulty Level: ★★

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metro

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

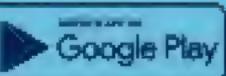
3	9	1	4	7	2	6	5	8
6	2	7	8	3	5	9	4	1
4	5	8	1	6	9	7	3	2
2	7	6	5	4	3	8	1	9
1	4	5	7	9	8	3	2	6
9	8	3	2	1	6	5	7	4
8	6	2	3	5	4	1	9	7
5	1	4	9	8	7	2	6	3
7	3	9	6	2	1	4	8	5

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